

**Berwyn Recreation Center**  
**Fitness for Seniors**  
**IT'S FREE! SO LET'S GET FIT!**



*Join us for a weekly workout designed specifically for older adults 55 & over. Seniors will perform exercises that are similar to everyday movements in life.*

*Be a part of the fun, keep moving & be active to stay healthy!*

*Be part of our team and...*

**REGISTER TODAY!**

*Dress in comfortable loose clothing & wear gym shoes.*

*Meet at the Berwyn Recreation Gym*

*6501 W. 31<sup>st</sup> Street, Berwyn / 708-749-6535 ask for Sherry*

*Tuesdays – March 29<sup>th</sup>, April 5<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>*

*10:30 a.m. to 11:30 a.m.*

*The program is sponsored by Mayor Robert J. Lovero*

**Free to Berwyn Residents**

*Non-resident \$10 per class or join at a discounted rate for all classes - \$70*



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*As with any physical activity, please consult your physician for approval to perform light movement & stretching exercises before participating in the program.*

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**Class Instructor - Functional Athlete- Countryside**